

# DR. ALLINSON'S COOKERY BOOK



by Thomas Allinson  
a LibriVox recording

## Dr. Allinson's Cookery Book By Thomas Allinson A LibriVox Recording

This is a cookbook promoting vegetarian recipes. The author of the book, Dr. Thomas Allinson, had strong views about health issues - he promoted vegetarian cooking and wholegrain bread, among other things which are less popular today. His cookbook also includes many references to healthy lifestyle and how to avoid unhealthy food. Many of the recipes can easily be followed by modern cooks. - Summary by Carolin

Read by BettyB, jftocanada, Jill Engle, Carolyn Agee, larryhayes7, & Amelia Chesley. Total running time: 07:39:13

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